

# THE COLUMBUS-ATHENS SCHWEITZER FELLOWS PROGRAM

Purpose: To facilitate service projects to benefit the Columbus and Athens communities, and simultaneously develop emerging professionals who have the skills to address unmet health-related needs throughout their careers.



## It's Not Quitting, It's Living



“Start early to instill in your students awareness that they are on this earth to help and serve others; that is as important to pass on to them as knowledge.”

—Albert Schweitzer, PhD, MD

### Goals

- Develop meaningful relationships with those struggling with tobacco addiction
- Educate an at-risk population of the consequences of tobacco use and the health and financial benefits of quitting

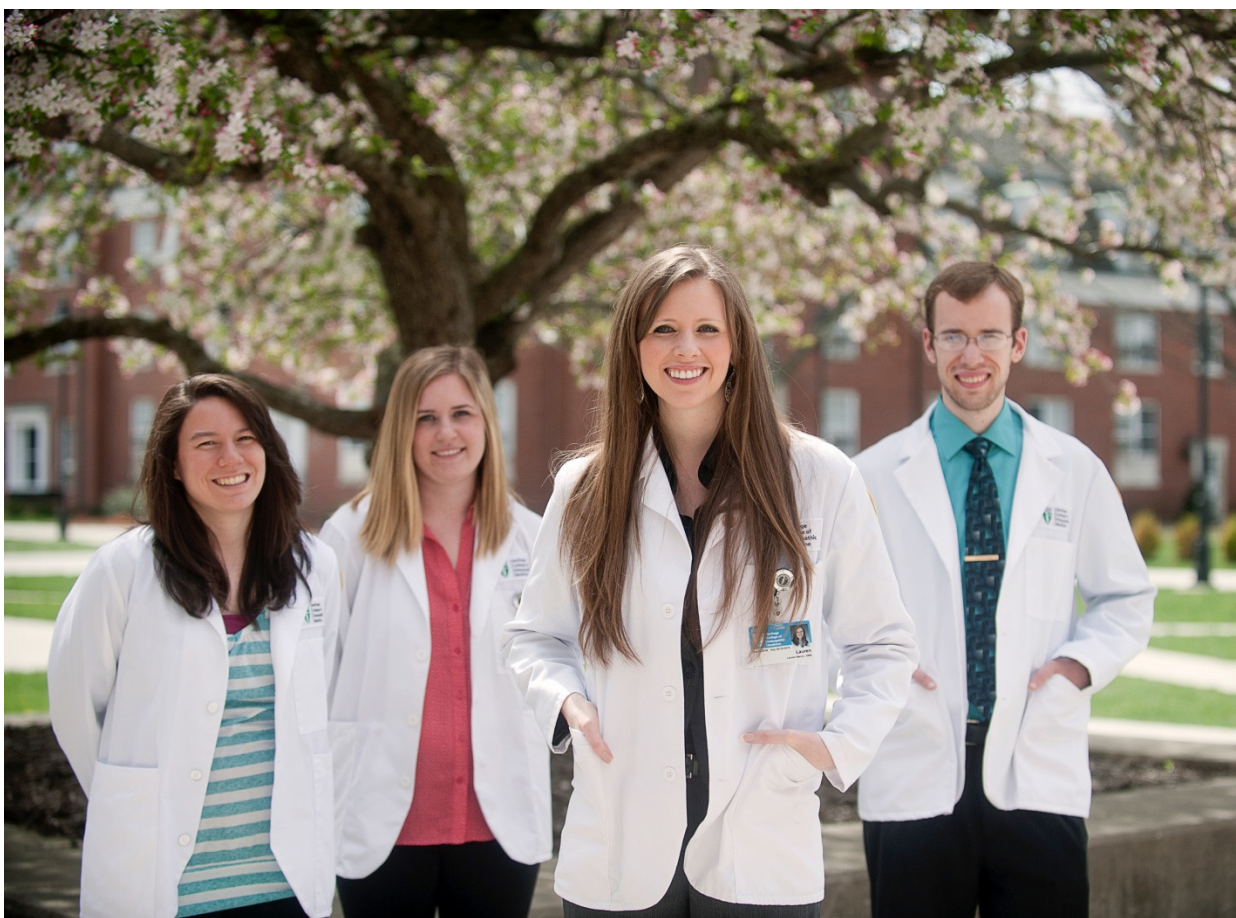
### Partnership Good Works, Inc.

- A non-profit organization providing assistance to those struggling with poverty and homelessness in rural Appalachia
- Friday Night Life, a weekly dinner and social gathering for people of Athens County
- **Athens Co. Health Dept.**
- Provided visual aids and tobacco cessation resources

### Impact

“Being a part of this class has taught me healthier ways that I can manage my stress other than smoking”

“Wow, I never knew cigarettes had thousands of toxic chemicals including arsenic! I can’t believe that I have been putting all that in my lungs and body for all these years”



### Methods

- Facilitated a weekly support group encouraging and motivating individuals in their efforts to overcome their addictions
- Discussed alternatives
- Taught stress management
- Promoted healthier diet and daily exercise

### Details

- Incorporated fun, interactive, educational games promoting team-work and quitting
- 3 Guest former smokers shared their experience of smoking and quitting



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